

ABSTRACT OF THE INVENTION

1  
2 A portable exercise assembly structured to facilitate the  
3 performance of multiple exercises by a user, thereon and  
4 including a base and/or a mounting assembly either of which are  
5 capable of being selectively positioned between an operative  
6 position and a stored position and, when in the stored position  
7 are capable of being easily hand carried, with other associated  
8 components of the exercise assembly. When in the operative  
9 position, the base comprises a plurality of segments disposed in  
10 an end-to-end, elongated orientation. A resistance assembly  
11 comprising a plurality of resistance elements, preferably formed  
12 of an elastic material is connected to the base and/or to the  
13 mounting assembly as well as to a gripping assembly which is  
14 either attachable to various portions of the user's body or may  
15 be at least partially gripped by the user, such that the user  
16 exerts a force thereon so as to position the plurality of  
17 elastic elements between a stressed position and a non-stressed  
18 position, thereby exerting a variable range of forces on muscle  
19 group which are intended to be exercise. The gripping assembly  
20 includes one or more gripping bars having one or more cushions  
21 mounted thereon each having a retaining member, which  
22 comfortably and removably retains engagement with various  
23 portions of the user's body while the user selectively extends  
24 or retracts the plurality resistance elements.